

CHARD INTENTIONAL PEER SUPPORT GROUP

How To Contact Us [How to find Us](#)

CHARD INTENTIONAL PEER SUPPORT
GROUP
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Intentional peer support is peer support with an intention of moving towards what you value in life as steps towards your own recovery.

People naturally support each other when someone is going through emotional distress. Intentional peer support capitalizes on this natural phenomena and tries to augment it and make it more productive and helpful.

Peer support is not like clinical support and it is more than just being friends.

In peer support we understand each other because we have 'been there', shared similar experiences and can model for each other a willingness to learn and grow.

We come together with the intention of changing unhelpful patterns, getting out of 'stuck' places and building relationships that are respectful, mutually responsible and potentially mutually transforming.

Instead of taking care of each other and thinking of each other as 'sick', in Peer Support we build a sense of family and community that is mutually responsible and focused on recovery and social action.

(Shery Mead 2007) <http://www.mentalhealthpeers.com/>

Our Mission Statement

- Provide mutual support and care
- Form relationships that enable us to learn and grow together
- Help one another to access agencies for information and facilities

- Reduce our isolation by social interactions amongst ourselves and the community
- Learn to challenge our existing beliefs to help us move forward
- Encourage education and training

As we are not able to give clinical support, we can only take recommendations from Bracken House.

Please discuss this with your care co-ordinator.

For referrals to Bracken House, contact your G.P.

We would like to thank the following organisations who currently are supporting our project:

